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HAWAII ARMY WEEKLY  
is April 6, 2018!  
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March 30, 2018

# HAWAII ARMY WEEKLY

SCHOFIELD BARRACKS — Soldiers with the Sensor Management Cell, assigned to the 94th Army Air and Missile Defense Command, participate in the Leadership Reaction Course, or LRC, as part of the Best Crew Competition, here, March 26.

## 94th AAMDC competes for Best Crew title



Photo by Capt. Adan Cazarez, 94th AAMDC

SCHOFIELD BARRACKS — Soldiers with the Sensor Management Cell, assigned to the 94th Army Air and Missile Defense Command, carry a wood log as a team during a 5-kilometer course as part of the Best Crew Competition on Schofield Barracks, March 26.



Photo by Capt. Adan Cazarez, 94th AAMDC

BELLOWS AIR FORCE STATION — A Soldier with the Sensor Management Cell, assigned to the 94th AAMDC, performs a tactical beach road march, here, March 27.



Photo by Sgt. 1st Class Israel Gonzalez, 94th AAMDC

SCHOFIELD BARRACKS — A Soldier with the Sensor Management Cell, assigned to the 94th AAMDC, maneuvers through the LRC as part of the Best Crew Competition on Schofield Barracks, March 26.

## 25th CAB warriors help build buddy bench for school

Story and photo by  
**STAFF SGT. MAURICE GADDY**  
28th Public Affairs Detachment

WHEELER ARMY AIRFIELD — If you were to take a walk through the playgrounds of Wheeler Elementary School you would run into a distinct bench, but this isn't just any ordinary bench; this bench has a special meaning behind it.

Samantha Calvert, a 12-year-old 8th grade student who attends Wheeler Middle School, came up with the idea of building a "buddy bench" for elementary students. She shared the idea with middle school teachers and Soldiers who volunteer at the school.

"I am trying to help kids that are in the military get new friends when they come to this school, as well as kids that are not in the military," said Calvert.

The buddy bench concept was common in Germany but brought to American schools in 2013 by a 10-year-old student, Christian Bucks, and is now in more than 2,000 U.S. schools, according to the Washington Post.

Maj. Chester Olson III, chaplain and volunteer coordinator, 2nd Battalion, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th Infantry Division, said Soldiers helped install the bench after



Pvt. Courtney Roberts, Spc. Alazia Curry and Spc. Tashiana Lineberger, all with 2nd Bn., 6th Cav. Regt., 25th CAB, 25th ID, and Samantha Calvert, an 8th grade student at Wheeler Middle School, install a "buddy bench" at the school, March 17. Calvert built the bench with her father, Sgt. Jarred Calvert, 225th Bde. Support Bn., 21BCT, 25th ID.

Samantha and her father, Sgt. Jarred Calvert, 225th Bde. Support Battalion, 2nd Bde. Combat Team, 25th ID, built it.

A buddy bench is a safe place for kids who are feeling upset or lonely. They can sit on the bench as a clear signal to others on the playground that they are in need of a friend to play with. The buddy bench can encourage peer support and cut down on school bullying.

"I think this is a really good project, and I feel like with so much bullying

going on in so many schools, it would help the students here and also at other schools to have them," said Spc. Tashiana Lineberger, information technology specialist, 2-6th Cav. "Sometimes, kids who do not have friends are afraid to go out and ask people to come play with them or speak to them."

When students use these benches, they are reminded of their own responsibility to look for ways to reach out to other students to make a connection and take time to think of how to say "Hello," and to make new friends.

"With this being my first experience with a buddy bench, I think this is a great idea and something I would take with me to my next duty station to use, but I think schools in general, anywhere around the globe, could use a buddy bench," said Lineberger.

Soldiers from 2-6th Cav. have worked with their partner school, Wheeler Elementary School, since the beginning of the 2017-2018 school year, and have participated in Read Across America, Dr. Seuss Night, book fairs, holiday gift-wrapping, assisting with school awards ceremonies, assisting the school with video productions and many other activities.



# HAWAII ARMY WEEKLY

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# ‘Health of the Force’ report released

## Third edition focuses on Soldier injuries, tobacco use, sleep disorders, more

MONICA BULLOCK AND EMILY BRISKIN  
Army Public Health Center

WASHINGTON — The U.S. Army Public Health Center (APHC) recently released its third edition of the Health of the Force report. The report makes Soldier health and readiness information accessible to a wide array of stakeholders, including military medical professionals, Soldiers and the larger community.

As noted by U.S. Army Surgeon General Lt. Gen. Nadja West, the Health of the Force Report “highlights the Army’s current population health successes that ultimately we, as an Army, can leverage across our camps, posts and stations, in support of the Army’s No. 1 priority, readiness.”

The report compiles information from military medical surveillance systems to illustrate health outcomes and health factors that affect medical readiness among active component Soldiers. Medical surveillance can inform programs to reduce and prevent illness and injury in Soldiers.

“Our Soldiers and their medical readiness are the foundation of our fighting force,” said Dr. Amy Millikan Bell, APHC medical adviser and Health of the Force chairperson.

“The report provides data for the overall Army and profile pages for each installation, so that installations can compare themselves to others. Commanders can understand their status in all areas and then improve the areas of weakness. Charts even provide information on how demographic factors such as age and sex can affect Soldier health.”

In his initial message to the Force, Secretary of the Army Dr. Mark T. Esper offered that “readiness and welfare of our Soldiers, civilians and their families will always be foremost.”

The conditions assessed in the report, including injury, behavioral health, sleep disorders and chronic disease, all have an immediate impact on Soldier medical readiness. Health factors, such as obesity, tobacco use, substance use, health care delivery and air quality all affect a Soldier’s performance and likelihood of developing more serious medical conditions.

According to the Health of the Force report, injuries continued to be the leading cause of Soldiers being not medically ready. In 2016, the most recent year for which data are available, 52 percent of Soldiers experienced an injury, and among those affected, most experienced multiple injuries. The report provides various insights for understanding the burden of injuries on the Army community.

The Army has recently focused on reducing tobacco use, including “tobacco-free living” initiatives. The decline in tobacco use among active component Soldiers from 28 percent in 2015 to 26 percent in 2016, as

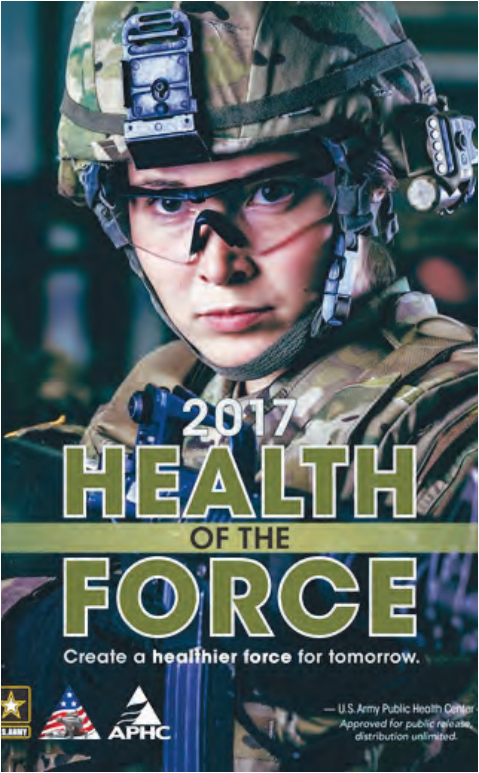
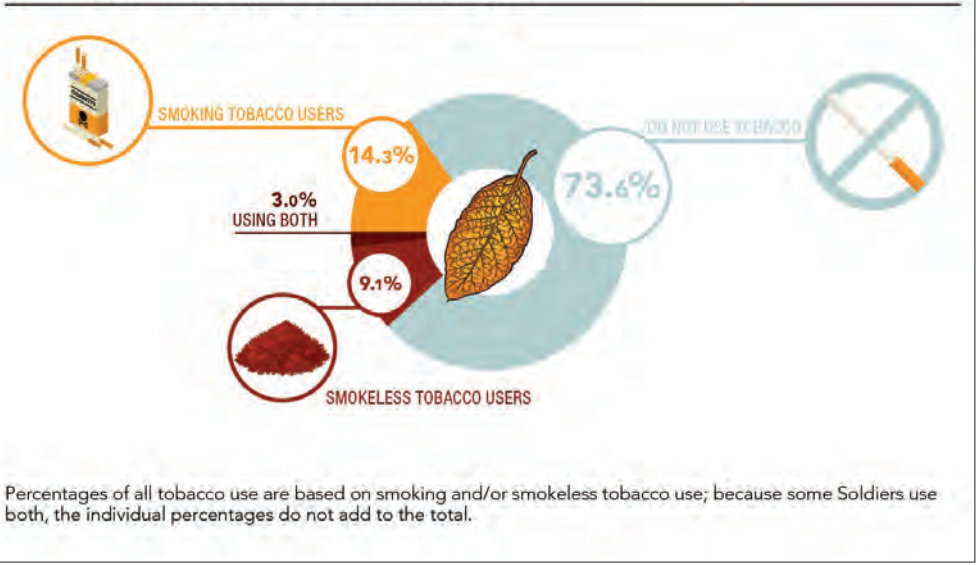


Photo by Army Public Health Center  
The third annual edition of the Health of the Force report makes Soldier health and readiness information accessible to a wide array of stakeholders, including military medical professionals, Soldiers and the larger community.

## Tobacco Use by Type, AC Soldiers, 2016



Graphic by Army Public Health Center

The Health of the Force report quantifies risk factors, such as tobacco use, that can affect readiness. In addition to summarizing data across Active Component Soldiers, the report provides installation-level information.

outlined in the Health of the Force report, demonstrates the possible effect of these programs and indicates room for continued efforts.

Senior Army leaders are using the Health of the Force report to further understand the health of their communities and to improve the environment, infrastructure and nutrition on their installations.

In addition to data highlighting challenges and successes, the report includes brief narratives describing the latest advancements in injury and disease prevention and mitigation. The report provides meaningful data for senior Army leaders to create cultural and programmatic change in support of the total Army’s overall readiness and health.

“It’s important to have data displaying that we have a fully functioning, healthy, ready fighting force,” George White, Health of the Force product manager, said. “This data distinguishes between beliefs and facts, so we can identify strengths and analyze vulnerabilities. Commanders want to know whether or not to execute a mission, so when weighing their options they need credible evidence on the current health of their unit.”

John Resta, director of the APHC and acting deputy chief of staff of Public Health for the U.S. Army Medical Command, stated that “in support of total Army readiness,



Photo by Graham Snodgrass, Army Public Health Center

Army Surgeon General Lt. Gen. Nadja West served as the keynote speaker at the 75th Anniversary Celebration at the Stark Recreation Center at Aberdeen Proving Ground-South, in Maryland, Sept. 26, 2017.

the Health of the Force report continues to provide meaningful data and information through rigorous research and analyses.”

### Comments Sought

Feedback is encouraged. Contact the APHC Health of the Force team through the “Contact Us” button at <https://phc.amedd.army.mil/topics/campaigns/hof/Pages/default.aspx>.

See local health stories on B-3.

Health Outcomes

BEHAVIORAL HEALTH

Are Your Soldiers Struggling with PTSD Symptoms?

Help Them Stop Avoiding and Start Healing.

Soldier: “I don’t want to go to the range, Sir.”

1 Scenario

Leader (thinking): “This is the second time I’ve noticed my Soldier trying to get out of this.”

2 Scenario

Soldier: “I can’t go to the concert. There are too many people there.”

Leader (thinking): “He stopped going to the concerts he used to enjoy so much.”

3 Scenario

Soldier: “I know I’m late for morning formation again, Ma’am. I haven’t been sleeping well.”

Leader (thinking): “These excuses about oversleeping—from one of my best Soldiers—are getting old. I wonder why this is happening more frequently.”

Photo by Army Public Health Center

In addition to data highlighting challenges and successes, the Health of the Force report includes brief narratives describing the latest advancements in identifying and addressing health concerns.

# Voices of Ohana

Because it is officially spring, we wondered,

What is your favorite season?

By 8th Theater Sustainment Command Public Affairs

“My favorite season is the transition from summer to fall. ... I like when it starts to enter hoodie season, when it’s comfortable enough to wear hoodies and basketball shorts.”

**Spc. Latirius Jones**  
Signal Support specialist  
HHC, 8th Special Troops Bn., 8th TSC

“Fall because it’s not too hot or cold. It’s hoodie season.”

**Spc. Darien Linseywade**  
Human Resource specialist, 8th Special Troops Bn., 8th TSC

“Fall. I like Thanksgiving, and this is the time I get to see my family and enjoy a good meal.”

**Spc. Chelsey Stevens**  
Human Resource specialist  
HHC, 8th Special Troops Bn., 8th TSC

“Summer is my favorite because you get better vibes from everyone. Everyone’s always happy; the weather is good.”

**Spc. Craig Thomas**  
Human Resource specialist, 8th Special Troops Bn., 8th TSC

“Summer is my favorite because what’s better than surfing and going to the beach?”

**Sgt. Anthony Vallejo**  
Protocol noncommissioned officer in charge, 8th TSC



# USARPAC hosts largest marriage retreat here

Story and photos by  
**STAFF SGT. MELISSA PARRISH**  
U.S. Army Pacific Public Affairs

HONOLULU — Soldiers and their spouses attended the largest strong bonds marriage retreat in the Pacific, here, March 27.

The weekend included kid-free date nights, high-energy interactive discussions, couples yoga and couples massages.

Lt. Col. John M. Grauer, U.S. Army Pacific deputy chaplain, whose team hosted the retreat, said this was his largest Strong Bonds weekend.

“Almost 200 people, including couples and their children, signed up for the event, so we knew in advance this was going to be big,” said Grauer.

The size of the audience was larger than normal, but that didn’t change the overall goal of the event. Trust was the focus of the retreat, and Grauer and his USARPAC team ensured couples walked away with strategies to help strengthen trust in their relationships.

“Open communication is important in any relationship, whether it be a marriage, family or a working relationship,” said Grauer. “In order to have that open communication, you must first be able to trust that individual.”

The couples’ marriage experiences ranged from 1 to 35 years of marriage.

“If you’ve been married for a few days, or many years, you can always use new strategies to ensure you are building on that trust in your relationship,” Grauer said.

Ashley and Quentin Barnett attended the retreat and have been married for seven years.

“This weekend, we really felt like this USARPAC retreat cared about us feeling connected as a couple,” said Barnett, a staff sergeant and master driver at USARPAC. “It wasn’t just seminars or classroom PowerPoints; there was a lot more focus on interaction and applying what we learned. I loved the couple’s yoga. That was a cool way for us to connect with each other.

“We also learned, after a personality test, that we are polar opposites,” Barnett said, with a laugh. “But that helped us to understand that we handle things differently.”

The weekend ended with a sunny day in Waikiki, and many couples headed to the beach to enjoy the weather and relax.

The USARPAC deputy chaplain hopes that the strategies the couples learned throughout the weekend will help them not only in their marriage, but also with family and work relationships, too.



USARPAC couples participate in the “Speed of Trust” Strong Bonds retreat, March 25, in Honolulu.



Strong Bonds events are held throughout the year with times and dates varying depending on the unit. Soldiers or family members who want to attend



Soldiers and their spouses listen up at briefings, above, and participate in couples yoga, left, at the USARPAC Strong Bonds retreat, March 25, in Honolulu.

Strong Bonds training should talk to their unit chaplain first. An additional resource is the Strong Bonds website: [www.strongbonds.org](http://www.strongbonds.org).

# Esper outlines goals, shares vision for coming decade

## Army Futures Command to play important role in modernizing force

Story and photo by  
**DEVON L. SUITS**  
Army News Service

HUNTSVILLE, Alabama — By 2028, the U.S. Army will be fully ready to deploy, fight and win decisively against any adversary, anytime and anywhere in a joint, multi-domain, high-intensity conflict, said the Army’s secretary.

While doing those things, the Army will also be able to simultaneously deter the aggression of adversaries and conduct irregular warfare.

Secretary of the Army Mark T. Esper laid out his vision of U.S. Army capabilities during opening statements Monday at the 2018 Association of the U.S. Army Global Force Symposium and Exhibition, here.

“The Army will do this through an employment of modern, manned and unmanned ground combat vehicles, aircraft, sustainment systems and weapons coupled with robust combined arms formations and tactics based on a modern warfighting doctrine and centered on exceptional leaders and

Soldiers of unmatched lethality,” he said.

Also helping achieve that goal will be the Army Futures Command. That new command was announced in October, and is expected to stand up this summer. It will be the Army’s fourth command and will have equal footing with U.S. Army Forces Command, U.S. Army Training and Doctrine Command, and U.S. Army Materiel Command, said Under Secretary of the Army Ryan D. McCarthy, during his own opening remarks.

The creation of the new command requires the Army to rewire and de-layer itself to support the new command structure, McCarthy said.

As the initial operating capability of Futures Command continues to be defined, McCarthy said, the Army’s integration, research and development, acquisition, and science and technology communities should expect to see some changes in their organizational alignment.

However, the undersecretary emphasized that realigning under the Futures Command organizational structure does not suggest that existing organizations will physically move to a new location.

The undersecretary also said the Army will need to be judicious with



Army Secretary Dr. Mark T. Esper outlines key priorities for Futures Command and its potential impact to the force during the opening ceremony at the 2018 Association of the U.S. Army Global Force Symposium and Exhibition, March 26.

existing funding if it wants to meet its modernization goals.

“The budget control act looms large in 2020,” McCarthy said. “In order to maintain momentum and not fall off

the pending fiscal cliff, we will initiate a robust reform effort that will require a comprehensive relocation of resources within our portfolios to support modernization efforts.”

# SB Health Clinic celebrates Enlisted Medical Corps birthday

Story and photo by  
**RAMEE OPPERUDE**  
U.S. Army Health Clinic-Schofield Barracks  
Public Affairs

SCHOFIELD BARRACKS — The U.S. Army Health Clinic-Schofield Barracks hosted a birthday celebration in honor of the U.S. Army Enlisted Medical Corps, here, March 21.

The guest speaker, Command Sgt. Maj. Richard F. Watson III, Regional Health Command-Pacific, thanked the Soldiers for their service in the clinic and on the front lines. He encouraged them to remember their history and the actions of those who came before them.

This year marked the 131st anniversary for the Enlisted Medical Corps.

“I think it is vital that we, as leaders, support these events and show what it means to pay tribute to those traditions that hold true to this day – that no one forgets why we are here and how far we have come,” said Staff Sgt. Joshua Matienzo, operations noncommissioned officer, USAHC-SB.

Select noncommissioned officers from the clinic began the ceremony by reading citations from Medal of Honor and Silver Star recipients from the Enlisted Medical Corps. Their heroism was not specific of one time period, but covered conflicts from the early 1900s through Operations



Sgt. Maj. Joel Thomas, USAHC-SB, presents a Certificate of Appreciation to Command Sgt. Maj. Richard F. Watson OF Regional Health Command-Pacific on behalf of the clinic for speaking during the Enlisted Medical Corps Birthday at Schofield Barracks, March 21.

Enduring Freedom and Iraqi Freedom.

“It (the Enlisted Medical Corps birthday) is important because Soldiers are able to meet future leaders in the military

and meet other Soldiers from different units and different places and to build camaraderie between the services,” said Spc. Tyler Jones, patient administration

specialist.

Sgt. Maj. Joel Thomas of USAHC-SB thanked all of those in attendance for their support to the corps and provided an opportunity for clinic leadership to present junior Soldiers and noncommissioned officers to be recognized for their achievements and support to the clinic.

“Conducting celebrations such as the Enlisted Medical Corps birthday allow us to pause from the business of providing health care to remember and recognize the great works of the AMEDD Enlisted Corps. We have a responsibility to remember the accomplishments of those who came before use while promoting excellence through mentorship from the present and future generations,” said Thomas.

Following the awards presentation, the junior Soldier in the formation joined Watson and Thomas for a cake cutting and social.

For 131 years, the Army Enlisted Medical Corps has been providing outstanding medical care to Soldiers, family members and retirees on the battlefield and at home.

Every year on March 1, the corps celebrates the anniversary and its unwavering commitment to the Army and the nation. They are, without a doubt, the backbone of Army Medicine.



# Many U.S. wireless devices not allowed in Germany

Personnel with orders should take notice

Story and graphic by  
**MICHAEL K. BEATON**

ANSBACH, Germany — Many wireless devices brought from the United States or ordered online from U.S. companies are not authorized for use in Germany.

Each country owns its radio spectrum and can allocate this as it sees fit. Each country also has the right to say whether a particular electronic device is authorized to operate within its borders.

In the United States, many brands of baby monitors, remote control toys and some older cordless telephones use a frequency band that is reserved for German emergency services.

Most American baby monitors run on the 900MHz frequency, which is what emergency groups (ambulance, police and firemen) use in Germany.

These same baby monitors are also responsible for creating interferences with Vodafone Germany GmbH (mobile communications provider in Germany) signals, as they fall into Vodafone's assigned communications bandwidth.

Many U.S. cordless headphones, telephones and older wireless home local



**Many wireless devices brought from the United States or ordered online from U.S. companies are not authorized for use in Germany. Each country owns its radio spectrum and can allocate this as it sees fit. Each country also has the right to say whether a particular electronic device is authorized to operate within its borders.**

**In the United States, many brands of baby monitors, remote control toys and some older cordless telephones use a frequency band that is reserved for German emergency services.**

area networks (LAN) use frequencies within the German cellphone bands. Some of the newer home-use LANs are restricted to a portion of the band they

are able to transmit in and may also cause interference to military operations. The Bundesnetzagentur Federal Agency, Germany's version of the Fed-

eral Communications Commission, is more stringent than the FCC in the use of frequencies.

In past incidents, the Bundesnetzagentur has discovered and fined U.S. Army base housing units in Germany, where baby monitors were found to be interfering with German emergency frequencies.

Using a frequency that is not officially assigned to you – whether knowingly or negligently – is an administrative violation, which is regulated in section 55 subs. 1 S.1, section 149 subs 1 no. 10 of German telecommunication law. The penalty is a monetary fine up to € 500.000.

To find out if a wireless device is authorized in Germany, check the back or under the battery cover of the device. There should be an FCC label, a C.E. marking or both.

The C.E. marking states the equipment is European compliant and can be used in Germany. If both markings are present, it can be used in Germany and in the United States.

Bottom line, if it only has the FCC markings on it, then its use in Germany is prohibited. Legal WiFi baby monitors and other replacement wireless devices compliant with German law can be purchased at the local post exchange or at most major off-post electronic outlets.

# ‘Round Brown’ headgear – the campaign hat – comes back

Story and photos by  
**T. ANTHONY BELL**  
Army News Service

FORT LEE, Virginia — It could be considered the clothing item incapable of being written out of the history books, here.

The campaign hat – the most revered clothing accessory in the Army's inventory – disappeared from the fashion landscape here a decade ago. It reappeared March 12 when several noncommissioned officers were seen sporting the headgear around advanced individual training (AIT) environments.

They are part of the Army's decision to overturn a policy concluding platoon sergeants could fulfill the roles of drill sergeants – the only Soldiers qualified to wear campaign hats – at the AIT level (the decision did not affect basic combat training).

In retrospect, it was a policy change that did not generate much enthusiasm.

The Army changed its mind last year and has directed AIT platoon sergeants – who were distinguished by less-fashionable road safety vests – to attend a two-week conversion course to become drill sergeants, thereby bringing the headgear nicknamed the “Round Brown” back to Fort Lee.

Prior to the policy change, AIT platoon sergeants were required to complete a six-week course taught at the Drill Sergeant Academy located at Fort Jackson, South Carolina. Roughly 150 Fort Lee AIT platoon sergeants will undergo conversion training there as well.

Sgt. 1st Class Jonathan Collier, who graduated from the conversion course March 9, was among the first four Fort Lee NCOs to complete the training. He said the campaign hat, with all of its history and tradition, does not make him feel any different, but its effect on others is unmistakable. He made that conclusion the moment he first appeared before AIT troops with the storied headgear atop his noggin.

“It was weird,” recalled the Victor



**Sgt. 1st Class Jonathan Collier, Victor Co., 262nd QM Bn., is among the first wave of installation advanced individual training platoon sergeants who attended a U.S. Army Drill Sergeant Academy course that converted them to drill sergeant status. He is wearing the Round Brown.**

Company, 262nd Quartermaster Battalion, Soldier. “They had not been used to seeing drill sergeants, so when they saw me and (fellow) Drill Sergeant (Russell) Westley coming up, it was kind of like ‘shock and awe.’ They’re kind of leery of us because they don’t know what to expect.”

Shock and awe is still basic combat training's (BCT's) opening salvo, and the campaign hat – in companion to the wearers’ persona – is an important strategic element in achieving the desired effect. Though BCT has been toned down, compared to a few decades ago, the campaign hat is central to basic training lore, an enduring symbol of transformative power, respect and strength.

Collier said he witnessed it firsthand on his first day back.

“They respected me before I became a drill sergeant,” he said, noting he conducts himself no differently than the AIT platoon sergeant he was prior, “but now,

they show me this great, great deal of respect. They see me different.”

Collier said his chain of command has not indicated he should conduct business any differently as a drill sergeant, noting his duties are essentially the same as an AIT platoon sergeant. He was quick to point out, however, there are pitfalls to taking on the role of a drill sergeant, one being NCOs could easily fall prey to the prestige that comes with it.

“It’s a glorified position, and some see that as a position of power,” said Collier, who had been an AIT platoon sergeant for 23 months. “You can mix up your authority with power and abuse it. I hope it doesn’t change anyone.”

Westley, assigned to Juliet Co., 262nd QM Bn., said becoming a drill sergeant has given him an incomparable sense of achievement.

“I do feel different because I accomplished something I wanted for myself,” he said. “I also wanted to be that role model for the Soldiers here who are being trained on a daily basis. I want to instill that pride and discipline they yearn.”

Like Collier, Westley said he believes

“It comes with the pride, dignity and reverence of those who wore it before me.”  
— Drill Sergeant Russell Westley

the campaign hat holds an enduring legacy.

“It comes with the pride, dignity and reverence of those who wore it before me,” he said. “It makes me look up to my own drill sergeants – Drill Sergeants Elder and Wilson back in basic training – and makes me conduct myself in a way that doesn’t fail them.”

Re-establishing drill sergeants in AIT is partly a response to leaders who have expressed concerns about discipline and readiness problems among Soldiers transitioning from AIT to permanent party units.

The effort also is part of a broader plan to tweak initial military training to produce better-trained Soldiers.

All AIT platoon sergeants here are expected to be retrained by September, said local command representatives.



**Sgt. 1st Class Jonathan Collier (right, front), Victor Co., 262nd QM Bn., marches QM School troops to the dining facility at lunchtime, March 15. NCOs from the 23rd QM Bde., as well as the 59th Ordnance Bde., are scheduled to complete their drill sergeant conversions by the end of this year.**

NEWS BRIEFS

Send announcements for Soldiers and civilian employees to editor@hawaiiarmyweekly.com

**30 / Friday**  
**PAO Survey** — All Soldiers, spouses, civilians and contractors are encouraged to take the Public Affairs survey at <https://www.surveymonkey.com/r/USAGHI-PAO>. This quick survey seeks information about your communication habits and will only take 5-7 minutes to complete.

**31 / Saturday**  
**AC Chiller Plants** — The Directorate of Public Works’ air conditioning shop will be scheduling preventive maintenance on all AC chiller plants and equipment before summer season starts to help prevent trouble calls. Work will be performed on a couple Saturdays: March 31 and April 14, from 7 a.m.-3:30 p.m. Here are which buildings will be affected:

- March 31: Buildings 130, 131, 132, 133, 135, 355, 356, 357, 358 and 359.
- March 31: D, E & F Quad

buildings 449, 450, 451, 452, 549, 550, 551, 552, 649, 650, 651 and 652.

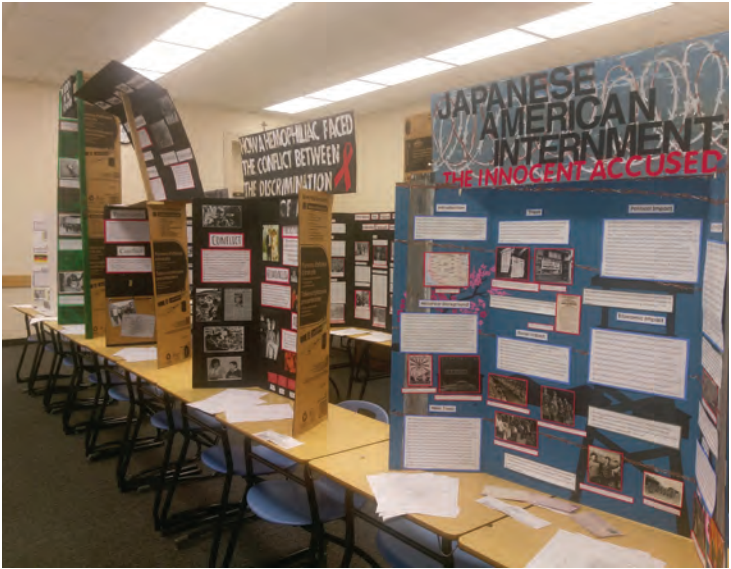
- April 14: K Quad buildings 772, 773, 774, 776, 777, 778, 779, 780 and 783.

Note, times provided are only an estimate since field conditions may prompt additional time to complete the outage.

**April**  
**4 / Wednesday**  
**Taxes** — Military OneSource is partnering with the Armed Forces Tax Council to host a MilTax Facebook Live event on Wednesday, April 4, at 9 a.m., Hawaii time. Tune in to get your questions answered about tax services offered through Military OneSource and the Military Volunteer Income Tax Assistance Program.

In addition, the live feed will cover the most important tax tips for military to consider before they file. Tax experts will also answer questions on the Military OneSource Facebook page. Go to <https://www.facebook.com/events/381469248994563/>.

Contact the local representative, Heather Hutchinson, at [heather.hutchinson@militaryone](mailto:heather.hutchinson@militaryone)



**HONOLULU** — A representative from the U.S. Army Museum of Hawaii helps judge displays at Honolulu District’s History Day State Qualifiers, recently. Displays presented various topics, including the Japanese-American internment during World War II.

[nesource.com](#) or 286-9277.

**Ongoing**

**Cellphones** — A new city ordinance makes it illegal to look at a cellphone or other electronic device while crossing a street or highway on Oahu. Read about this new law at [www.hawaiiarmyweekly.com/2017/10/26/cellphone-safety-bill-now-in-effect/](http://www.hawaiiarmyweekly.com/2017/10/26/cellphone-safety-bill-now-in-effect/).

**Text 911** — New technology has really improved our emergency response capability. If you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your cellphone. Visit [www.hawaiiarmyweekly.com/2017/10/26/text911/](http://www.hawaiiarmyweekly.com/2017/10/26/text911/).

**Prescriptions** — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425 for more details.

**Casualty Assistance Center** — The center has relocated to Soldier and Family Assistance Center, 371 Brannon Road, Bldg. 663, on Schofield Barracks to better serve the community. For more details, call 655-1199.

**Sgt. Smith Theater** — The Sgt. E.R. Smith Theater will be closed for renovation through Oct. 31. Contractor Anderson Burton, in conjunction with the U.S. Army Corps of Engineers, will assume control of the building.

The entirety of the building interior will be an active construction zone.

Temporary closures of the pedestrian pathway in front of the theater are also anticipated. Due to the hazards associated with construction activities, access to the building can only be granted by Anderson Burton personnel. Appropriate signage will be posted.



# Motorcycles can be licenses for joy – or failure

JOSEPH FENTRESS  
Army News Service

FORT RUCKER — Some motorcyclists only go through safety training to get their license and drive on post. Once off the installation, however, they seem to forget the rules and fail to practice the skills that might save their lives.

When riding a motorcycle, even the smallest mistakes can be life threatening, so risk management and situational awareness are crucial. Take, for instance, this story.

## My best friend Seth

It was the first warm weekend of spring during my senior year in high school. The northern Virginia winter was bad that year, and the heavy snows we’d been getting had only recently disappeared. With winter behind us, my best friend, Seth, was eager to get his Kawasaki Ninja sport bike on the road again.

The year before, Seth taught me how to ride in the school parking lot, but we only covered the basics – how to shift, what brakes are, where and how to use the blinker. I had only ridden his bike on the road once, and I remember being both nervous and excited at the same time. I thought that motorcycle was the coolest thing in the world and wanted to learn how to really ride.

As Seth and I were making plans for the day, my brother called and told me he had just bought a new Honda scooter. He’d wanted a motorcycle but did not know how to ride one. The scooter was more comfortable for him because he didn’t need to shift gears; it was street legal and could get up to 55 mph. Seth suggested my brother stop by, so we could all go for a ride.

## Taking the ride

Within an hour, we were all together on a cul-de-sac near another friend’s house. My brother and Seth took off first, and I could hear them laughing as they drove down the street. About 30 minutes later, they returned, so I could have a turn.

I was nervous, but being 17 and having my peers around, I didn’t take the time to consider the risks involved.

I hopped on the motorcycle, and my brother and I took off down the street. About 100 yards down the road, there was a sharp turn, and before I knew it, I was sliding on the ground. Even though I was only going about 30 mph, I slid for what seemed like 20 yards, barely missing a mailbox.

The Bermuda shorts, tennis shoes with no socks and T-shirt I was wearing didn’t do much to protect me from the road rash that took off most of the skin on my elbows, forearms, hands and knees. Oddly enough, the helmet – the only personal protective equipment I was wearing – never hit the ground.

With the adrenaline pumping, I immediately hopped to my feet and picked up the Kawasaki like it was a Huffy. I then rolled it back to the cul-de-sac and apologized to Seth profusely for crashing his prized possession.



Photo by U.S. Army Combat Readiness Center

**When riding a motorcycle, even the smallest mistakes can be life threatening, so risk management and situational awareness are always crucial.**

Like a good friend, he was more concerned about my condition. I told them I felt fine and didn’t need to go to the ER. He then pointed out the thick stream of blood running down the driveway from my right shoe. I decided I might need to get that checked out.

The injury was extensive. The brake pedal had scooped a chunk of flesh out of my leg and scraped the bone. Because it wasn’t a cut, the doctors couldn’t sew it together. I had to spend nearly a month in Walter Reed Army Medical Center undergoing skin grafts and preventive infection procedures due to the scraped bone.

## Lessons learned

There are several lessons I learned from my accident – the first being, proper training is an absolute must. Had I taken the time to get trained and licensed, I likely could have avoided this accident. Without proper training, you only have a license to fail.

Proper personal protective equipment, or PPE, is also important and probably would have kept me out of the hospital. A long-sleeved shirt or jacket, pants and gloves would have helped prevent the road rash, and heavy leather boots would have helped me avoid the most painful injury I have suffered in my life.

Finally, I should have considered the environment I

was riding in before I got on the bike. Because the snows had only recently ended, there was still an abundance of sand and salt on the street. When I drove through that sand in the curve, it was a millisecond ride to the asphalt. That’s a ride I hope to never take again.

*(Editor’s note: Fentress works at the U.S. Army Corps of Engineers, Kansas City, Missouri.)*

## More Details

To learn more, visit <https://safety.army.mil/MEDIA/Knowledge/TellYourStory.aspx>.



## Share Your Story

Do you have a story to share? Knowledge is always looking for contributors to provide ground, aviation, driving (both private motor vehicle and motorcycle) and off-duty safety articles.

Don’t worry if you’ve never written an article for publication. Just write about what you know, and the editorial staff will take care of the rest.

Your story might just save another Soldier’s life.



# Sharpen skills for civilian world with CSP

Story and photos by  
**KRISTEN WONG**  
Contributing Writer

SCHOFIELD BARRACKS — When Ryan White was a first lieutenant with Headquarters and Headquarters Company, 8th Special Troops Battalion, 130th Engineer Brigade, 8th Theater Sustainment Command, he was asked to approve his company first sergeant’s packet to participate in the Concrete Preservation Institute (CPI) via the Army Career Skills Program (CSP).

After hearing good things about CPI from the first sergeant, and subsequently receiving an email from the Soldier for Life-Transition Assistance Program (SFL-TAP) about program openings, White decided to apply. Today, he is a career placement and recruitment manager for CPI, and he helps service members find civilian jobs in the concrete industry.

“Completing the 12-week field school has proved exceptionally beneficial before entering the concrete industry and (so has) being able to communicate my experience with service members,” White said. “Being able to relate to them truly helps them understand their options and (the) benefits of the program.”

Authorized by the Veterans Opportunity to Work to Hire Heroes Act of 2011, and offered through SFL-TAP, CSP allows Soldiers to gain work experience for their re-entry into the civilian sector while they still have the “safety net” of their Army benefits and pay.

“The Career Skills Program allows Soldiers the opportunity to get their foot in the door with civilian employers,” said Tamara Brethouwer, a CSP administrator for SFL-TAP at the Soldiers Support Center, Schofield Barracks. “It gives them a chance to learn a new skills set; it gives them a chance to acquire professional references (and) establish those networking contacts in an industry that they plan to pursue.”

White said CPI taught him about the concrete industry and bolstered general career building skills, such as writing a resume and cover letter.

“To work with other service members of different ages, ranks, jobs and life experiences really enhanced (my) learning,” he said. “The diversity of the participants allowed each individual to bring forth strengths and skills that I, and most likely others, take away and use in my career.”

To be eligible for CSP, Soldiers are required to attend an SFL-TAP briefing at the Soldiers Support Center, Bldg. 750, Ayres Avenue, Schofield Barracks. They must also be 180 days away from an honorable or general discharge. Service members from other branches are also eligible for the CSP.

Soldiers may choose among several CSP options. In addition to CPI, CSP currently offers local training at CVS Pharmacy, Amazon Web Services and JN Auto Group. A room in the Education Center at Bldg. 560, on 1565 Kōle-kōle Ave., is also currently being modified to accommodate Soldiers in the upcoming partnering program with Microsoft.

“We’re always looking to hopefully add more programs, just to give Soldiers more options for different internships,” Brethouwer said. “We’re always having conversations with different employers from different career fields. It helps to have them as recognized partners.”

CSP internship options do not cover all available career fields on the islands. However, with command approval, Soldiers can take permissive temporary duty to participate in programs, either on other installations or at outside companies.

Through meeting with Brethouwer, or visiting the CSP CAC-enabled portal online, Soldiers may browse programs available at other installations. They may even apply to individual internships or programs not connected to CSP. What’s important to know, however, is that acceptance into any program, CSP partner or not, is never guaranteed.

Although CSP does not charge a fee for its services, Soldiers may have to deal with expenses associated with the internship or program they pursue, such as paying for flights, daily transportation and housing.

Brethouwer has helped service members find a program for their needs and encourages those who are leav-



**JOINT BASE PEARL HARBOR-HICKAM — 1st Lt. Ryan White (left), an engineer officer with HHC, 130th Eng. Bde., 8th TSC, poses with his spouse, Danielle, while attending graduation from the Concrete Preservation Institute Pearl Harbor Field School, Dec. 1, 2017. White now works for CPI.**

ing the military to contact her.

Installation Management Command asks employers partnering with the CSP to have an 85 percent job placement rate. Employers are asked to either offer a job or job interview to those who successfully complete the program.

In addition to potentially landing a new job, Soldiers may also gain certifications. Those who participate in Amazon’s web program, for instance, can earn information technology certifications.

White earned an Occupational Safety and Health Administration 10-Hour certification and an American Concrete Institute Field Testing Technician Grade Level 1 certification.

Although CSP was originally meant to assist junior Soldiers ages 18 to 24, higher ranking service members are now using the program. Brethouwer said the program continues to grow, and is currently expanding at Fort Shafter.

**JOINT BASE PEARL HARBOR-HICKAM — Soldiers and loved ones pose for a photo at the World War II Valor in the Pacific National Monument Pearl Harbor Visitor Center, Dec. 1, 2017. The Soldiers graduated from the Concrete Preservation Institute Pearl Harbor Field School.**

**Locations of Career Skills Program**

- **Soldiers Support Center**  
Bldg. 750, Ayres Ave.  
Schofield Barracks  
808-655-9272  
**SFL-TAP Hours of Operation**  
Monday, Tuesday, Wednesday and Friday from 7:30 a.m. to 4 p.m.  
Thursday from 7:30 to 2 p.m.  
**CSP Hours of Operation**  
Walk-ins: Tuesday and Thursday from 9 a.m. to noon  
By appointment: Tuesday and Thursday from 1 to 3 p.m.

• **Aloha Center**  
Bldg. S-330, Room 102  
Fort Shafter  
808-432-1632  
**Hours of Operation**  
Monday through Friday 7:30 a.m.-4 p.m.

• **Virtual Center**  
Call 1-800-325-4715.

**CSP Overview Briefings**  
**Schofield Barracks Soldier for Life-Transition Assistance Program Annex**

- April 23, 1 to 4 p.m.
- May 7, 1 to 4 p.m.
- May 21, 1 to 4 p.m.

**Fort Shafter Aloha Center**

- April 16 from 9 a.m. to noon

**More Online**  
For more information about the Career Skills Program, visit these sites:

- <https://www.army.mil/standto/2017-07-13>.
- <https://imcom.army.mil/organization/g1personnel/careerskillsprogram.aspx> (for more details or to access the CAC-enabled CSP portal).

For more information on the Soldier for Life-Transition Assistance Program, visit <https://www.sfl-tap.army.mil/>.

**TRAFFIC & OUTAGES**

Advisories from Army and Hawaii Department of Transportation (HDOT) sources. Provides traffic, construction and outage information.

**30 / Friday**  
**McCornack Road** — A lane closure will occur near the road at Bldg. 660 for crane activity erecting pre-cast concrete. The eastbound lane of McCornack will be closed from 7 a.m.-5 p.m., with contraflow traffic through May 9. The road will have normal traffic flow after work hours each day.

**Wright Avenue** — Contractors require a time extension of the partial road closure on Wright Avenue near Bldgs. 106 and 107 for a utility installation through April 30 from 8 a.m.-3 p.m. Heavy rains have caused delay completion of the underground utility installation.

**April**  
**2 / Monday**  
**McNair Gate** — Army officials are advising community members of temporary closures of McNair Gate, beginning April 2. The gate will be closed from Monday-Friday, 8:30 p.m.-5 a.m., April 2-May 11, for road repaving. During the closures, drivers should access the installation through Lyman Gate on Kunia Road.

**Wash Facility** — The Vehicle Maintenance Wash Facility will be closed for construction work from April 2-Aug. 10. The building will be closed, and temporary fencing will be erected. Other areas of the Central Vehicle Maintenance Facility will remain open for use. There will be no road closures or impacts to traffic during this work.

**3 / Tuesday**  
**Carpenter Street** — A partial road closure at Carpenter Street near Gate 2 of the Solomon Elementary School

construction site, for utility installations. The area near the intersection of Carpenter Street and Trimble Road, between Gallup Street and Trimble Road, will be restricted to one lane access from Tuesday, April 3 through June 5, Monday-Friday from 9 a.m.-1:30 p.m. The contractor will have appropriate signs and barriers for closing each side of the roadway.

**9 / Monday**  
**Fort Shafter Repairs** — Contractors will be perform-

ing various road repairs and electrical utility work on 7th Street, Wisser Road and Arty Hill Road from April 9-Nov. 23. Intermittent lane closures will occur. Residents will be provided advance notice if their driveways will be blocked. Access to the Island Palm Communities (IPC) office will still be open via 7th Street.

Contractor work hours are Monday-Friday from 8 a.m.-2:30 p.m. Motorists are advised to expect delays and to follow detour signs to adjacent roads. Use caution and observe all signs and traffic control personnel.



# Photography contest showcases talent, skill

**BRITTANY NELSON**  
Installation Management Command

SAN ANTONIO — Thousands of pictures were submitted to the 2017 Army Digital Photography Contest by talented individuals in two divisions, Active Duty Military and Other Eligible Patrons.

Sgt. 1st Class Mark Davis, a Military Police Officer, earned first place in the Animals category of the Active Duty Military division, with his image of two giraffes nestled together shot in black and white, titled “Neck Tie Affair.”

Davis said he loves black-and-white photography because it helps him work harder on composition. Sometimes color can dominate and take away from what the photographer is trying to capture.

Not everyone has access to giraffes, but Davis lives near the Okinawa Zoo in Japan.

“I’ve spent countless hours there. Taking photographs of animals can be difficult because they don’t always cooperate, so I’ve enjoyed that challenge. It just goes to show you don’t have to be anywhere exotic to find inspiration.”

Davis has practiced photography for four years but was always hesitant to enter the Army Digital Photography Contest. After a persistent coworker encouraged him, Davis finally entered this year.

“It’s a big step putting yourself out there wondering if your stuff is good enough. I’m stunned to say the least and very honored.”

The contest consisted of seven categories: Animals, Design Elements, Digital Darkroom, Military Life, Nature & Landscape, People and Still Life. Photos needed unique titles and must have been captured within 12 months of the start of the contest year. Contestants were able to submit up to three pictures in each category.

The contest was open to authorized MWR patrons in two divisions, Active Duty Military and Other Eligible Patrons including family members, retirees, civilians and contractors.



Photo by Staff Sgt. Anton Rhem

**“Downtown San Antonio,” by Staff Sgt. Anton Rhem, placed second in the Nature and Landscape category of the Active Duty Military division of the 2017 Army Digital Photography Contest.**

Staff Sgt. Anton Rhem, a medical laboratory technician, took second place for Active Duty Military, in the Nature and Landscape category with his illuminating piece, “Downtown San Antonio.”

When composing his shots, he looks for pictures that cannot be recreated, those once-in-a-lifetime captures.

“I am a huge fan of long exposure photography. I love the light streaks and deep colors. I was downtown on a photo walk and took the picture because it captures the heart of downtown San Antonio perfectly.”

This photo was Rhem’s first contest entry, but he said it will not be his last.

The winning artists in each category were awarded cash prizes: \$300 for first place, \$200 for second place and \$100 for third place. Honorable mentions are recognized on the MWR website.

Abby Stewart, who took first in the Other Eligible Patrons division for the category People, put a lot of meaning behind the title of her her black-and-white image,

“Proverbs 31.”

“It is one of my favorite Bible verses and is exactly the woman I strive to be. I feel like this photo embodies that verse, ‘She is clothed with strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful instruction is on her tongue. ... Many women do noble things, but you surpass them all.’”

The model of the picture, Brittany Knauf, is a natural in front of the camera and made it easy to get so many breathtaking shots, Stewart said. She has been learning about photography for three years and started her own business a year ago.

Stewart heard about the contest through the Directorate of Family and Morale, Welfare and Recreation’s Facebook page, and this was her first entry.

Tad Browning, an Army veteran, now working as a senior audiovisual production specialist as a civilian, earned second place in the Animals category under the Other Eligible Patrons division.

His image “Running Horses” was taken in Mackay, Idaho, at a Stoecklein Photography Workshop. The Stoecklein family conducts workshops to inspire photographers by putting them in the middle of a working cowboy ranch, Browning said.

“The cowboys and cowgirls were running the horses toward us in a large open area. I shot many images over the course of about 30 to 45 minutes. It was really a

matter of choosing the one that worked best. I really like adding people in my images whenever possible to give scale and interaction.”

Browning is no rookie when it comes to photography; he has been an Army photographer for 28 years. He shot combat photography, worked in broadcast journalism and was part of a mobile public affairs detachment. At one point, he was working with the Texas Rangers as a forensic photographer.

2017 was his second Army Digital Photography Contest submission; his first occurred in 1994.

Chief Officer Warrant 2 Matthew Brown, a Chinook pilot, received second runner up in the Digital Darkroom category for Active Duty Military with his image of beaming yellow and golden hues, titled “Chimera.”

Brown’s image, taken from the top of the Notre Dame Cathedral in Paris, France, displays a creature-like statue with the city in the background. Brown explains the reasoning behind the title.

“A chimera is a Greek mythological fire-breathing serpent, and I thought this particular statue looked similar to what I envision a chimera to look like.”

Despite the image looking more like a painting than a photo, everything in the picture is real, according to Brown. He simply added a few effects for the sunset feel and stone like appearance.

Brown has been taking pictures for three years, and 2017 marks his second entry. In the 2016 contest, he won second place in the landscape category.

Entries for the contest were accepted between Dec. 1, 2017 and Jan. 31, 2018. Images were judged by digital automation professionals.

The 2017 Army Digital Photography Contest took place through FMWR, department of the U.S. Army Installation Management Command, and recognizes the creative minds who capture imagery from around the world. The 2017 contest received over 2,200 entries online from dedicated photographers. The winners were notified of their accomplishments at the beginning of March.

## Photos Online

The photographs are published at [armymwr.com/programs-and-services/arts-and-crafts/digital-photo-contest](http://armymwr.com/programs-and-services/arts-and-crafts/digital-photo-contest).



Photo by Abby Stewart

**“Proverbs 31” was taken by Abby Stewart for the division of Other Eligible Patrons in the 2017 Army Digital Photography Contest.**



Photo by Tad Browning

**“Running Horses,” captured by Tad Browning, was submitted in the Other Eligible Patrons division Army Digital Photography Contest.**



March 30, 2018



# Celebrate Earth Day, spring, travel

**KAREN A. IWAMOTO**  
Staff Writer

SCHOFIELD BARRACKS — Staff at the Directorate of Family and Morale, Welfare and Recreation were busy, last week, finishing up the details for Saturday's Fun-Fest, including stuffing over 20,000 plastic Easter eggs with candy and toys for the estimated 4,500 expected participants.

This annual festival, which celebrates spring, Easter and Earth Day, plus the Leisure & Travel Services Fair, combines to become one of the biggest annual installation family events held here.

In addition to Easter egg hunts, photos with the Easter bunny, games, rides, live entertainment and food booths, recreational vendors from around the island will be there to offer prize giveaways, and the Directorate of Public Works is offering a host of Earth Day activities.

## Exceptional Family exclusives

New this year is a special area designed specifically for children diagnosed with a developmental delay, a life-threatening illness, disability or chronic medical condition, and their families.

"We wanted to have this for these families because we know it can be hard for them at events like this, which are long and can be hot in the outdoors," said Mary Negrón, Special Events chief for FMWR. "We want them to feel included."

FMWR partnered with Tripler Army Medical Center to create the Exceptional Family Members area.

In addition to an Easter egg hunt and a chance to meet the Easter bunny, it will feature static displays and a Soldier medical evacuation demonstration.

Additionally, the Little Warrior Games will allow children to participate in an obstacle course, a field battle exercise and range training. The children will participate in teams with assistance from volunteers.

"The Little Warrior Games ... (were) created to allow children with neurodevelopmental disabilities to 'be Soldiers' even for a few hours," said Maj. Rahe Hiraldo, chief of Child Neurology at TAMC. "Moreover, they'll get to be part of a team ... (and) show the world that despite their potential disabilities, they can do so much more than what they are typically expected to."

Just as Soldiers have sworn never to leave a fallen comrade behind, so should they also do their best to support and include all family members, she added.

Hiraldo said making permanent change of station moves and preparing for deployments can be especially challenging for Exceptional Family Members, and that TAMC is dedicated to working with FMWR and Army Community Service to alleviate these difficulties by offering family travel screenings, assisting with medical needs, conducting child development screenings and coordinating health insurance benefits.

She said that teaming up with U.S. Army Garrison-



Hawaii and FMWR for Fun Fest is just one more way to support Exceptional Family Members.

## Earth Day activities

Caring for the earth is another priority for the Army, and even though Earth Day isn't until April 22, Earth Day activities have long been big part of the Fun Fest celebration.

This year, families can expect interactive exhibits from organizations inside and outside the Army. Hui O Na Wahine, the Schofield Barracks spouses club, will set up an area for kids to draw and color on special "seeded" paper that can later be planted in a garden. The Hawaii Beekeepers Association will be on hand with a demonstrative beehive honey tasting and a beehive outfit that guests may try on and take selfies in.

The Army's Natural Resources Program on Oahu will have outreach teams there, and the Army's Cultural Resources Program will have an interactive archeological excavation exhibit.

Attendees may also meet with representatives from Malama Na Honu, an organization dedicated to preserving the Hawaiian green sea turtle, and learn about hurricane preparedness from representatives from the Directorate of Plans, Training, Mobilization & Security.

"We hope people come and learn about Hawaii's unique environment," said Frederick Miller, program manager of DPW's Compliance Branch, who coordinated this year's Earth Day activities. "We also want to show them what the Army is doing to help preserve our environment."

## Travel and leisure opportunities

While the kids burn off energy on Easter egg hunts, bounce houses, rides and games, parents can find shade at the LTS Travel Fair, where vendors from hotels, cruise ships, luaus and other attractions will be on hand to answer questions and promote their attractions.



A young boy decorates eggs during the 2017 Fun Fest.

Courtesy of Directorate of Family and Morale, Welfare and Recreation



Sage Dargon, 6, meets a chick in the petting zoo during the 23rd Annual Fun Fest, Earth Day and Leisure Travel Service Travel Fair at Weyand Field, April 15, 2017.

Photo by Kristen Wong, Oahu Publications

"It's a great time for them to come see what's available here in Hawaii because it's right before May, which is Military Appreciation Month, and they can also plan for their summer vacation," said LTS Program Manager Joselynn Mitsuda.

"Our vendors look forward to this event every year," she added. "They attend events at the other military installations, but they always get the best turnout at this one because it's such a family friendly event."

More than 30 vendors representing submarine tour companies, dinner cruise companies, hotels, luaus and live entertainment will be there, and will be promoting special deals for military personnel.

Army families can fill out their Travel Fair passport – a booklet to be stamped by all of the vendors – to be entered into hourly prize giveaways. Prizes may include trips, hotel stays, cruises and more.

The grand prize giveaway – a \$500 LTS gift certificate – will be announced at 1:45 p.m.

## Leisure Travel Services

To find out more about the services offered by LTS, visit <https://armymwr.com/programs/leisure-travel-services> or contact 655-9971.



**2018 Fun Fest, Earth Day and LTS Travel Fair**  
9 a.m.-2 p.m., March 31  
Location: Weyand Field  
Free admission to Department of Defense cardholders and their guests.

**Easter Egg Hunts**  
11 a.m.: Ages 0-2 (one adult per child allowed)  
11:15 a.m.: Ages 3-5 (one adult per child allowed)  
11:30 a.m.: Ages 6-8 (no adults allowed)  
11:45 a.m.: Ages 9-12 (no adults allowed)

**Exceptional Family Member Easter Egg Hunt**  
9:30 a.m.  
Exceptional Family Members are asked to check in at the EFMP tent ahead of time to obtain a wristband.



Courtesy of Directorate of Family and Morale, Welfare and Recreation

Children go running for Easter eggs on Weyand Field during Fun Fest 2017.



## Briefs

### 30 / Friday

**Lei Making** — Learn to make a beautiful lei every Friday for \$15 at the SB Arts & Crafts Center from 1-2 p.m. Call 655-4202.

### 31 / Saturday

**2018 Fun Fest** — Join the family fun with a day at Fun Fest, Earth Day and the LTS Travel Fair, featuring activities, rides, free egg hunts and more, 9 a.m.-2 p.m., at Weyand Field. Visit HiMWR.com.

**Party Pong Challenge** — Every Saturday at SB Tropics at 8 p.m. Call 655-5698.

## April

### 1 / Sunday

**Pottery Wheel Throwing** — This class includes instruction and firing up to 15 pieces during class time, 11 a.m.-3 p.m., on Sundays, and 5-8 p.m., on Tuesdays. Costs \$100 for a 10-week session at the SB Arts & Crafts Center, Bldg. 572. Ages 17 & up recommended; for younger patrons, call 655-4202.

### 2 / Monday

**Sundae Monday at Hale Ikena** — Every Monday at FS from 11 a.m.-2 p.m., build your own ice cream sundae as part of our lunch buffet for \$14.95. Call 438-1974.

**Mongolian BBQ** — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB Kolekole Bar & Grill, 1249 Kolekole Ave., from 5-8 p.m. Call 655-4466.

### 3 / Tuesday

**Resiliency through Art (for Wounded Warriors)** — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

**Preschool Story Time at FS Library** — Attend every Tuesday for stories, songs, dancing and a craft at 10 a.m. at FS Library. Call 438-9521.

**Sand Volleyball and Dodgeball** — Every Tuesday at SB Tropics from 11 a.m.-2 p.m. Call 655-5698.

**Quilting and Sewing** — Every Tuesday and Sunday, attend quilting and sewing from 5-8 p.m. or 11 a.m.-3 p.m. for \$25 (first class) or \$6 (each additional class) at the SB Arts & Crafts Center, Bldg. 572. Ages 17 and up recommended; for younger patrons, call 655-4202.

# Don't fear relationships

**CHAPLAIN (MAJ.)  
JEREMY A. BLANFORD**  
25th Infantry Division

SCHOFIELD BARRACKS — As a Family Life Counselor, it's important for me to understand what motivates people's choices, especially when those choices seem to be contrary to the health of a relationship.

Understanding these motivations is helpful in adjusting or stopping unhealthy behaviors and repairing a decayed marriage.

Often, even while knowing better, we make choices that meet our immediate need at the expense of our long-term relationships. We choose a boys or girls night out when it is obvious that our spouse needs some quality time with us. It would be easy to dismiss our choice as simply insensitive or apathetic to the needs of our spouse. However, these choices can be better described as a "fear of missing out on life."

In reality, we will have many opportunities to experience these things we fear missing out on. It's like indulging in a doughnut because we fear there may not be another one in the future; we know there will be more doughnuts, but we eat this one now anyway.

While these are the choices we laugh at when they appear on our television shows, they can be tragic in real life, destroying marriages and friendships. Worse, this behavior is not limited to our relationships with people.

I often wonder how often this fear of missing out drives us to sin, causing us to make choices contrary to what God desires for our lives in order to fulfill what we perceive to be an immediate need, but in the end is nothing more than pleasure seeking.

Blanford

The difficult truth is this: In the absence of intentional and thoughtful decision making, the majority of us will make the choice that feels good in the moment despite the consequences. This begs the question, how intentional have I been in determining my values and priorities, and how disciplined have I been in keeping them?

One of my professors once said, "Anxiety is at the root of all relationship problems." I think it's fair to say that might be true of any problem involving an emotional need. Left to their own devices, our fears drive us, often, to the wrong places.

We call them needs, and it's fair to say we all have obligations, but the mistake we often make is elevating our obligations to priorities, and calling them needs.

The great irony of a life lived in fear of missing out is actually missing out on the things that truly matter, choosing "right now" and missing out on those things that in the end bring the most fulfillment and the most joy.

655-4202.

**Taco Tuesday at Hale Ikena** — Every Tuesday at FS from 11 a.m.-2 p.m., enjoy a fresh salsa bar, fajitas and tacos for \$14.95. Call 438-1974.

### 4 / Wednesday

**Preschool Story Time** — Attend every Wednesday for stories, songs, dancing and a craft at 10 a.m. at SB Sgt. Yano Library. Call 655-8002.

**Xbox Challenge NBA 2K17** — Every Wednesday at 11 a.m.-2 p.m. Call 655-5698.

**Movie Event** — Weekly movie event held on Wednesdays at SB Sgt. Yano Library from 3-5 p.m. All movies will be PG. Titles are available upon request. Call 655-8002.

**Burger Bar Wednesday** — Enjoy at FS Hale Ikena, Bldg. 711, Morton Drive, every Wednesday. Get hot dogs and burgers at the Grand Buffet. Call 438-1974.

**Keiki Night** — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

### 5 / Thursday

**Mom & Tots** — Every Thursday, moms (or a parent/guardian) can enjoy mixed media crafting at \$5 from 10-11 a.m. at SB Arts & Crafts Center, Bldg. 572, 919 Humphreys Road. Call 655-4202.

**Clay Hand Building** — Attend at the SB Arts & Crafts Center, Thursdays, from 1-3 p.m. The first session is \$25; additional sessions are \$5. Call 655-4202.

Additional religious services, children's programs, educational services and contact information can be found at <https://www.garrison.hawaii.army.mil/rso/USARHAW%20Chapel%20Services.pdf>.

AMR: Aliamanu Military Reservation Chapel

FD: Fort DeRussy Chapel

HMR: Helemano Chapel

MPC: Main Post Chapel, Schofield Barracks

PH: Aloha Jewish Chapel, Pearl Harbor

SC: Soldiers Chapel, Schofield Barracks

TAMC: Tripler Army Medical Center Chapel

WAAF: Wheeler Army Airfield Chapel

### Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

### Catholic Mass

- Monday-Wednesday, 11:45 a.m. at Soldiers Chapel
- Thursday, 11:45 a.m. at AMR
- Wednesday, 5 p.m. at MPC
- Saturday, 5 p.m. at TAMC
- Sunday services: -8:30 a.m. at AMR -10:30 a.m. at MPC -11 a.m. at TAMC

### Gospel Worship

- Sunday, noon at MPC
- Sunday, 12:30 p.m. at AMR

### Islamic

- Friday, 12:30 p.m. at AMR (Call 477-7647)

### Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH (Call 473-3971)

### Protestant Worship

- Sunday Services -9 a.m. at MPC (Contemporary) -9 a.m. at FD -9 a.m. at TAMC -10 a.m. at HMR (Contemporary) -10:30 a.m. at AMR (Contemporary) -11 a.m. at WAAF (Contemporary) -2:30 p.m. at AMR (Samoan)

Send announcements a week prior to publication to [community@hawaiiarmyweekly.com](mailto:community@hawaiiarmyweekly.com).

### 30 / Friday

**The Music of Journey** — The Hawaii Symphony Orchestra performs the music of Journey this Friday, March 30, and Led Zeppelin on Saturday, March 31, 7:30 p.m., at Blaisdell Concert Hall. Tickets begin at \$29. Visit [ticketmaster.com](http://ticketmaster.com).

**Jewish Services** — Weekly worship services are 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH. Saturday services are available at the Ala Moana Hotel. Call 735-8161. Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit [www.chabadofhawaii.com](http://www.chabadofhawaii.com).

### 31 / Saturday

**Kolekole Trail** — The SB trail is open to DOD hikers and their guests this weekend, 5:30 a.m.-6:30 p.m.

**Kuhio Beach Hula Show** — Authentic Hawaiian music and hula show by Hawaii's finest hula halau (dance troupes). The show is presented Tuesday, Thursday and Saturday at 6 p.m. at the Kuhio Beach Hula Mound near the Duke Kahanamoku statue in Waikiki. Seating is on the grass; bring beach chairs, mats, etc. Photography is welcome.

**Drunk Driving Prevention Program-Oahu** — You can avoid impaired driving. DDPP will drive you home completely free of charge, and, if you'd like, the DDPP will also drive your car home for free. DDPP's Hawaii chapter (with volunteers from Schofield Barracks) is taking pickups and more volunteers. Call 888-7407 or visit [ddpp.us](http://ddpp.us).

## April

### 1 / Sunday

**Blue Note Hawaii** — Tony-award winning Loretta Ables Sayre will be joined by local legend Robert Cazimero for a single performance at the Outrigger Waikiki Beach Hotel. Tickets run \$15-\$35 with a 15 percent Kamaaina discount. Visit [bluenotehawaii.com](http://bluenotehawaii.com).

**Family Fishing** — Ho'omaluhia Botanical Garden in Kaneohe hosts this free catch and release family event, 10 a.m.-2

p.m., Saturdays and Sundays. Bring walking shoes, insect repellent, rain gear and fishing bait (fresh white bread).

A limited number of bamboo poles are available to borrow on a first-come, first-served basis. There is a 20-minute hike to the fishing area. For details/reservations, call 233-7323.

**Army ROTC Scholarship** — Army ROTC Study.com offers a \$500 scholarship for the coming year. Apply by April 1, at <http://study.com/pages/Army ROTC Scholarship.html>.

### 2 / Monday

**ASYMCA** — The Armed Services YMCA of WAAF needs your help. Please donate non-expired food to its pantry. It's located at 1262 Santos Dumont Ave. on Wheeler. Call 624-5645 for more details. Visit [www.asymcahi.org](http://www.asymcahi.org).

### 12 / Thursday

**Leeward Theater** — Shakespeare's "The Merchant of Venice" performances run April 12-14 and 19-21 at Leeward Community College, 8 p.m. Visit <http://LCCTheatre.hawaii.edu>.

### 18 / Wednesday

**Earth Day** — Island Palm Communities hosts, 2:30-5 p.m., at the Kalakaua Community Center. Family fun features hands-on mural painting, Bike Rodeo,

Make & Take planting activity and much more.

### 27 / Friday

**R. Kelly Tickets** — Tickets now on sale at \$89-\$300 for the April 27 concert at Neal Blaisdell Center. Visit [Ticketmaster.com](http://Ticketmaster.com).

## Ongoing

**Vehicle Registration** — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex.

The service is open to all military personnel, their family members and civilians from all military posts with base access.

**Mystery Shopper** — Soldiers, family members, retirees, civilians and others who live and work on Army Hawaii installations have the opportunity to give honest feedback on the services they receive at USAG-HI facilities. To become a "mystery customer," call 656-0880/0881 or log onto [www.usaghi.cms@us.army.mil](http://www.usaghi.cms@us.army.mil).

**Installation Waste Disposal** — For proper disposal in residential areas, contact your local community center.

# The Sgt. Smith Theater will be closed until Oct. 31 for scheduled renovations.

<b>Calendar abbreviations</b> 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare and Recreation	FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities ODR: Outdoor Recreation PFC: Physical Fitness Center SAC: School Age Center	SB: Schofield Barracks SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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# Tripler’s pink exterior to be painted earth tone

**TRIPLER ARMY MEDICAL CENTER**  
Public Affairs

HONOLULU — Tripler Army Medical Center has had a pink exterior color since 1948. However, the famous color is about to get a major change as the hospital is scheduled for an extensive remodel that includes a new “earth tone” paint job to better fit into the Moanalua mountainside.

“I’ve always liked the pink color, but you have to be willing to change,” said Mike Glidden, a patient at Tripler. “I can’t wait to see how it’s going to look,” Glidden added.

Thousands took to Tripler’s social media to voice their opinion about keeping the pink exterior.

“I was born in a pink hospital – not an earth tone one.”

“Earth tone?”

“Stay pink!”

“Pink is not tactical.”

This week, the final contract was awarded, which included the new paint job for the historic pink palace.

“While there were many patients, veterans and families that wrote in on Tripler’s Facebook asking for us not to change the color, many wrote in to say they were glad we were doing it,” said Jim “Goose” Guzior, director of communications, TAMC.

“Some gave us ideas for the new paint job like camouflage color, racing colors and an egg-shell off-white,” he added.

The “Earth Tone” committee, as they have been dubbed at Tripler, has released some preliminary sketches of the future paint job, but the promise of a new modern look has not swayed some staff.

“I just can’t picture it any other way,” said Sgt. Jessica Sherwin-Williams, a logistics specialist at Tripler and the person responsible for ordering new paint for the hospital. “When you say Tripler, I think of that big pink hospital



Courtesy photo

**Picture the iconic Tripler Army Medical Center in beige.**

on the hill, helping families, Soldiers and veterans.”

The history of Tripler’s famous color is almost legend. According to the contract documents from 1944, the signature coral rose (pink) color of Tripler Army Medical Center was a personal choice of Lt. Gen. Robert C. Richardson Jr., who borrowed the color and many other design elements of the complex from the Royal Hawaiian Hotel in Waikiki.

The Royal Hawaiian was one of the primary recreational sites for U.S. military personnel during World War II and was also a design of the landscape architect, Robert O. Thompson.

“He wanted to give Tripler that resort/oasis feeling, so Soldiers could relax while here on the island,” said Guzior.

An alternate story about Tripler’s color was supplied by retired Col. Robert B. “Woody” Wood, who was the Army Corps of Engineers area engineer when Tripler was built, and Sophie Frandsen, who had been the secretary to the chief architect of Tripler.

The architect came into Wood’s office one day and said it was time to select the color for the hospital. Wood said he looked out his window at the red dirt on the then-undeveloped Moanalua Ridge and said, “You’ve got to get it as close to

that color as you can because that’s the color it will be when you’re through.”

Besides the painting of the hospital, there has been some discussion of painting the mountain itself.

“We got a great suggestion about leaving the color of Tripler pink and painting the mountain white with a big red cross on it or similar,” said Guzior. “We saw some drawings of how it would look, and the earth tones look so much better.”

Construction and painting are expected to be complete and an unveiling ceremony is scheduled for Feb. 31, 2019. *(Note: Have a safe, joyous April Fools’ Day.)*

# TAMC provides Wi-Fi access for patients, patrons

**SPC. PETER SKY**  
Tripler Army Medical Center  
Public Affairs

HONOLULU — Two major issues are complaints Tripler Army Medical Center has often received: lack of Wi-Fi service and congested parking.

Recently, Information Management personnel at TAMC installed Wi-Fi access for patient and patron use to facilitate communication between family, friends and co-workers on their personal devices.

“Can’t help parking, but this will be a little help,” said John Draude, project manager and principal deputy of Plans for TAMC Information Management Division.

“For many years, one of the most prevalent requests has been for TAMC to acquire commercial wireless access within the building for patients and their families,” Draude continued. “Information Management took action to create a solution.”

Due to security requirements for the government facility, it has been a struggle to provide a solution. Last year, the team finally broke the requirement code and



Courtesy graphic

**TAMC provides Wi-Fi access for patients, patrons.**

requested commercial Internet access for the government facility. A key was to build a secure system architecture that would allow them to present it to hospital approving authorities.

Draude put in a procurement request for equipment

and commercial Internet service. The Information Management team then received approval from the Defense Information Systems Agency from the Mainland in order to provide this service.

TAMC guest Wi-Fi is now operational. It began Thursday, March 15.

This first initiative will supply Wi-Fi access to 29 locations around the hospital. There are to be signs at each site and business cards on the front desks of each location displaying the network name and password.

“Folks would access it just like they do with a commercial wireless access at Starbucks,” said Draude.

Wi-Fi access has been requested across all of Medical Command, or MEDCOM. TAMC is one of the very first locations to get an approved solution in place.

“We worked very hard,” said Lt. Col. Donna Beed, TAMC chief information officer. “I’m pleased and proud. We’ve already been asked to share what we did so that other facilities can copy what we’ve done. I was always saying that if we get it done, it may become the standard for MEDCOM.”

# TAMC TIP

## Sleep can have a significant impact on one’s health



Did you know more than 30 percent of adults between 30-64 report sleeping less than six hours each night?

A study in the *Army Medical Department Journal*, in 2013, reviewed data from over 14,000 service members through the Global Assessment Tool. They found that those who were poor sleepers were significantly likely to be overweight or obese, and score in the lowest quartile of the emotional, social, family and spiritual fitness dimensions.

The research also found significant associations between sleep and meeting the recommended physical exercises for both aerobic exercise and resistance training.

### What about mission requirements?

A 2009 study from the Walter Reed Army Institute of



Courtesy graphic

Research found that “banking sleep” (obtaining extra sleep) prior to periods of sleep deprivation, as when on mission, can have positive effects on alertness, performance and subsequent recovery from decreased sleep.

While banking sleep is not the ideal for all, it may benefit those who require several days of decreased sleep. An example of banking sleep would be to acquire two to four extra hours of sleep for five to seven nights prior to a known period of sleep deprivation.

### How do I improve my sleep?

Follow these tips:

- Avoid caffeine six hours from bedtime.
- Keep your bedroom quiet, dark and cool, i.e.,

eliminate “screen time” or use of electronics at least one to two hours before sleep.

- Establish a consistent sleeping time and pre-sleep routine. Aim for the same bedtime each night, and try reading, stretching or listening to music to prepare for bedtime.

- Exercise can assist in your sleep health, but if you are having trouble sleeping, try to complete your work out at least three hours before bedtime. Exercise stimulates cortisol release, which keeps the brain alert.

**More Online**  
Find more helpful tips at PerformanceTriad.